



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENT COUNTY GROUP EXERCISE SCHEDULE BREAK WEEK, DEC 26 – DEC 31, 2016

HEALTH & WELLNESS 1

Levels: ¹beginner, ²intermediate, ³intense

* = Class requires registration due to equipment limits (no fee)

\$ = Fee-based programs, registration required. To register for ANY program call 401-828-0130; visit www.gpymca.org

TIME	M—12/26	T—12/27	W—12/28	TH—12/29	F—12/30	SAT—12/31	New Years
5 AM	\$Boot Camp \$ Mitch—75min		\$Boot Camp \$ Mitch—75min		\$Boot Camp \$ Mitch—75min		
8:00 AM	Strength & Conditioning ^{2,3} Jackie—50min	Cardio&Strength ^{2,3} Paige—50min	Strength & Conditioning ^{2,3} Tina—50min		Cardio&Strength ^{2,3} Paige 50min	Strength ^{*2,3} Kristin/Rachael 55min	
9:00 In the Gym		X-press X-treme Fit Interval Training ^{2,3} Frank—30min					
9 AM	Absolutely Abs ¹⁻³ Kristin—15min	Absolutely Abs ¹⁻³ Jackie—15min	Absolutely Abs ¹⁻³ Kristin—15min	Absolutely Abs ¹⁻³ Tina—15min	Absolutely Abs ¹⁻³ Eva—15min	Step Aerobics Cardio ^{2,3} Jackie—55min	
9:30 In the Gym	\$Circuit Boot Camp\$ Kristin—1-hr			X-treme Fit Interval Training ^{2,3} Frank—45min	\$Circuit Boot Camp\$ Kristin—1-hr		
9:30 AM	ZUMBA Jackie—50min ¹⁻²	Step Aerobics Cardio ^{2,3} Jackie—55min	Strength ^{*2,3} Kristin—55min	ZUMBA Tina—45min ¹⁻²	Interval Training ^{2,3} TBD—55min		
10 AM						Yogalates ¹⁻³ Jackie—1hr	HOURS ARE 12 p.m. to 4 p.m. Please refer to New Year's Day Schedule
10:30 AM	Low Impact ¹ Debbie—45min	ZUMBA Jackie—45min ¹⁻²	Low Impact ¹ Tina—45min	Pilates ^{2,3} Jessica—55min	Low Impact ¹ Tina—45min		
11 AM						X-treme Fit Interval Training ^{2,3} Frank—45min	
11:30 AM	Chair Yoga ¹ Jean—45min	Silver Sneakers Lori—45min ¹	Silver Sneakers Jean—45min ¹	ZUMBA Tina—45min ¹	Silver Sneakers Lori—45min ¹		
12:15 PM		ZUMBA Tina—45min ¹					
12:30 PM				Strength ^{*2,3} Kristin—45min			
4 PM	ZUMBA Nancy—55min ¹⁻²		Strength ^{*2,3} Rachael—1hr		Strength ^{*2,3} Rachael—1hr		
4:30 PM		Cardio&Strength ^{2,3} Stacey—50min		Strength & Conditioning Cardio Chisel ^{2,3} Kristen—45min			
5 PM	Strength & Conditioning ^{2,3} Kristen—55min		Stability Ball ¹⁻³ Joanne—50min				
5:30 PM		Interval Training ^{2,3} Kristen—55min		5:15 p.m. \$Boot Camp \$ John—45min	ZUMBA Amy E—1hr ¹⁻²		
6 PM	Strength ^{*2,3} Josh—1hr		ZUMBA Cyndi—1hr ¹⁻²	X-treme Fit Interval Training ^{2,3} Frank—45min			
6:30 PM		Pilates ¹⁻³ Joe—1hr					
7 PM			Strength ^{*2,3} Josh—1hr	ZUMBA Diana—45min ¹⁻²			

The YMCA of Greater Providence is a 501c(3) Charitable Organization. Our mission is to build healthy spirit, mind and body through programs, services and relationships that are based upon our core values of caring, honesty, respect and responsibility.



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HEALTH & WELLNESS 2

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8:00 AM							HOURS ARE 12 p.m. to 4 p.m. Please refer to New Year's Day Schedule
8:30 AM			Yogalates ¹⁻³ Amy C-55min			Space reserved for children's dance	
9:00 AM							
9:30 AM							
9:30 AM	Pilates ¹⁻³ Amy—1hr	Yoga ¹⁻³ Linda D.—75min	Step Aerobics 101 ¹ Debbie—30min	Yoga ¹⁻³ Patti—75min	 Tina—45min ¹⁻²		
10:00 AM			Strength & Conditioning 101 ¹ Debbie—30min				
10:30 AM	Step Aerobics Cardio ²⁻³ Jackie—55min						
11:00 AM		Gentle Yoga ¹ Linda D—75min					
12:15 PM	Yoga ¹⁻² Fundamentals Linda D—75min		Yoga ¹⁻³ Colleen—75min	Special Moves Amy—30min Designed for our friends w/ special needs--all welcomed!			
1:30 PM		2:45 -4:15 Art					
4:30 PM	Swim Team		Swim Team		Yoga ¹⁻³ Tedessa—75min		
5:00 PM	 Ages 8-12 Paige—45min			 Ages 8-12 Paige—45min			
5:30 PM							
5:45 PM				Family Yoga ¹ Deb H—30min 5:45 – 6:15			
6:00 PM	Yoga ¹⁻³ Deb H—1.5hr	Yoga ¹⁻³ Myriam—1.5hr			Advanced Yoga ³ Michelle—1.5hr		
6:30 PM			Yoga ¹⁻³ Deb H—75min				
7:30 PM							

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COMMUNITY ROOM

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5:00 AM		Group Cycling* ¹⁻³ Mitch—75min		Ride-N-Sculpt* ¹⁻³ Jenn C—75min			HOURS ARE 12 p.m. to 4 p.m. Please refer to New Year's Day Schedule
6:00 AM						Ride-N-Sculpt* ¹⁻³ Jenn C—75min	
6:45 AM						Group Cycling* ¹⁻³ Mitch—1hr	
9:30 AM	Group Cycling* ¹⁻³ Kim—1hr		Group Cycling* ¹⁻³ Lisa M—1hr		Group Cycling* ¹⁻³ Jessica—1hr		
10:30 AM							
4:30 PM							
5:00 PM				Group Cycling* ¹⁻³ Joanne—1hr	Ride-N-Sculpt* ¹⁻³ Jenn C—1hr		
5:15 PM							
6:00 PM	Group Cycling* ¹⁻³ Mitch—1hr						
6:30 PM		Closed Group Meeting	Closed Group Workout				
6:45 PM				Adult Art \$ Deb H—6:45-8pm			
7:30 PM			Closed Group Meeting				

***Register for all cycle classes 24 hours in advance by going on-line or calling 828-0130.**